

Sweet Keto Pie Crust

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per serving): Total carbs: 4.4 g, Fiber: 2.2 g, **Net carbs: 2.3 g**,

Protein: 8.4 g, Fat: 15.5 g, Calories: 179 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 servings)

1 3/4 cup [almond flour](#) (175 g / 6.2 oz) - *if you are allergic to nuts, try the [crust from this recipe](#) (2.3 g net carbs)*

1/4 cup vanilla or plain whey protein or egg white protein powder ([Jay Robb](#)) or plant-based such as [NuZest](#) (25 g / 0.9 oz) - *for alternatives, see intro above*

1/4 cup [Erythritol](#) or [Swerve](#), powdered (40 g / 1.8 oz) - *you can omit the sweetener and make the pie crust plain*

1 large egg, free-range or organic

2 tbsp [extra virgin coconut oil](#) or [ghee](#) (make [your own ghee](#))

Optionally add:

1 tsp [vanilla extract](#) or

1/2 - 1 tsp [cinnamon](#) or

1 tsp pumpkin spice mix or

any 1 tsp food extract of your preference (chocolate, almond, lemon, etc.)

Make sure you use a [kitchen scale](#) for measuring all the dry ingredients. Using just cups may not be enough to achieve best results, especially in baked goods. Weights per cups and tablespoons may vary depending on the product/ brand. This recipe makes 8 servings. You can either use 8 small tart pans or make one regular pie crust like I did my [Raspberry Meringue Pie](#).

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Mix all the dry ingredients - the almond flour, whey protein and powdered Erythritol.
2. Add the egg and coconut oil and process well.
3. Place the dough into a non-stick [pan with a removable bottom](#) and press up the sides to create a "bowl" shape. Use a [dough roller](#) if needed. Ideally, use a baking sheet as lining for the bottom to ensure that the crust doesn't get stuck to it. Alternatively, separate the dough into 8 pieces and press into 8 [mini tart pans like these](#).

4. Place baking paper on top and use [ceramic baking beans](#) to weight the dough down. You will need them to prevent the dough from rising and creating air bubbles, especially if you are making a large pie. Place in the oven and bake for 12-15 minutes.
5. When done, remove from the oven and fill with your favourite filling ([keto lemon curd](#), whipped cream, [creamed coconut milk](#), low-carb custard, chocolate, berries, etc). If not using straight away, let the pie crust cool down. Once chilled, store in an airtight container and keep at room temperature.

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